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Year Book &
Directory*



1913

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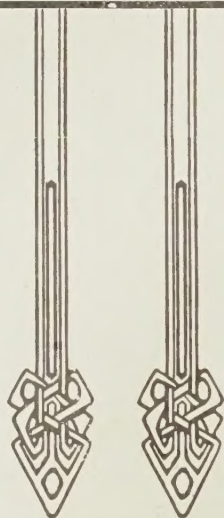
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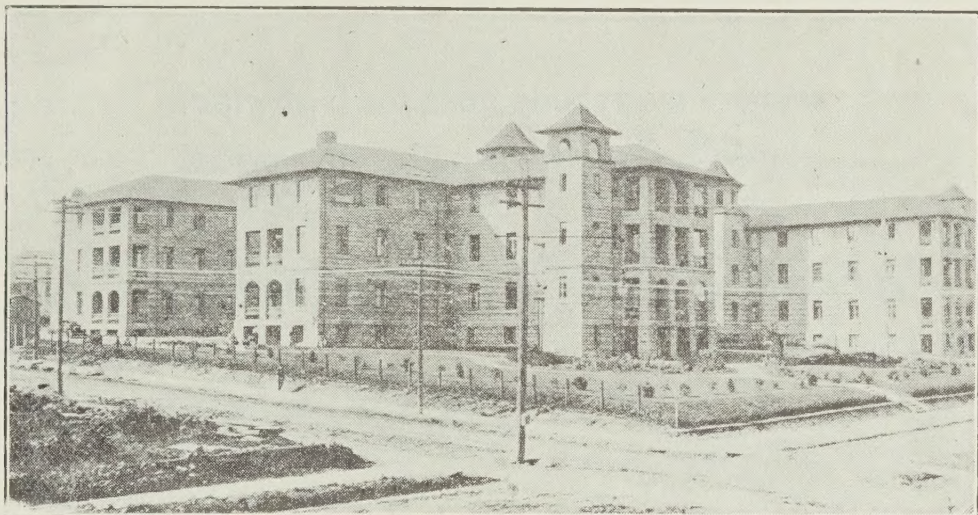
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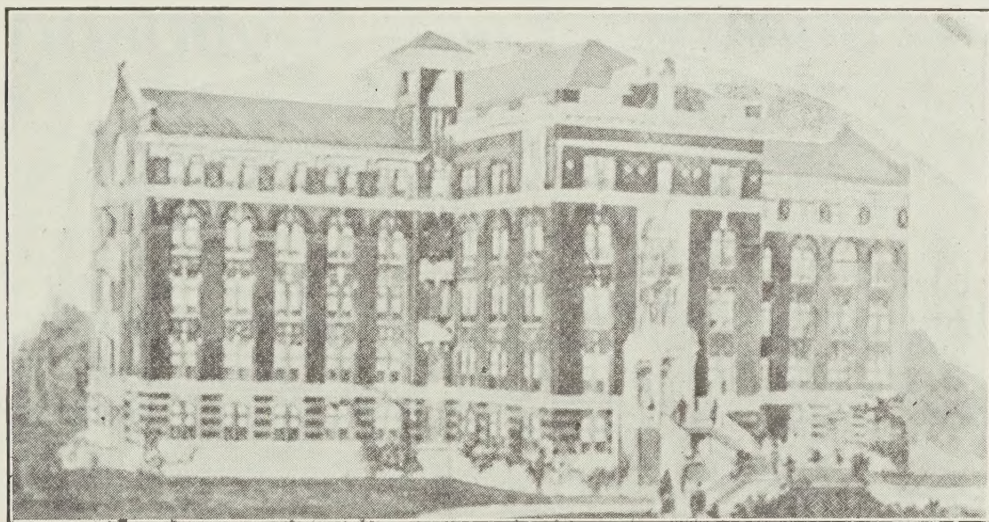
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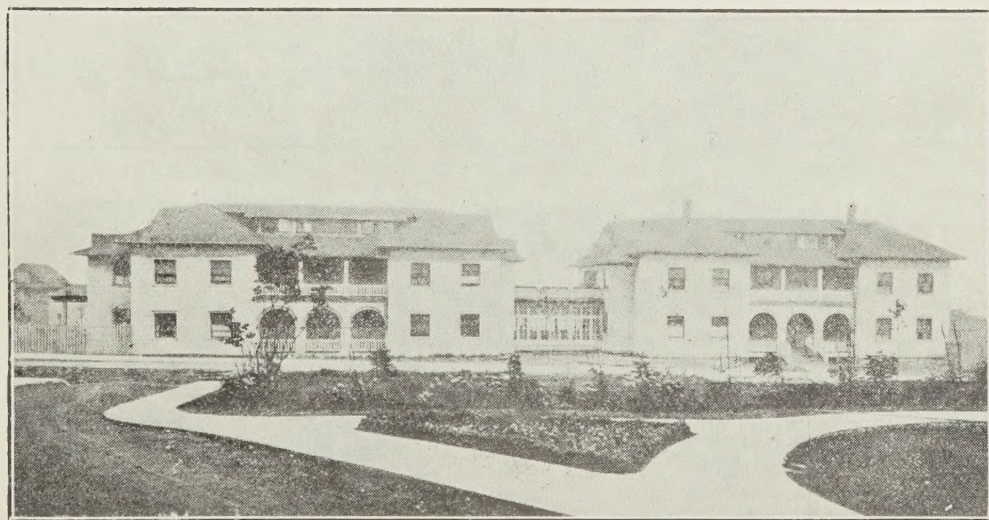
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The Royal Victorian Order of District Nurses of Canada

Mrs. Jas. Macauley, President

Mr. W. Dalton, Chairman Advisory Board

THE work of the Royal Victorian Order of District Nurses in Canada commenced some fifteen years ago in commemoration of Queen Victoria's Diamond Jubilee, is well known throughout the length and breadth of Canada, and in no city in the Dominion is that work more efficient and self-sacrificing than Vancouver, performed by the earnest members of the local order.

The Royal Victorian Order of District Nurses was founded by Her Excellency the Countess of Aberdeen, in commemoration of our late beloved Queen Victoria's Diamond Jubilee (1897). Nurses who enter this Order must hold the highest certificate, and in addition must also have four months' training in district work. Branches of this Order are now all over the Dominion. Her Excellency the Countess of Minto, working on the same lines, collected a large sum of money for an endowment fund for cottage hospitals and in very many places these "Lady Minto Hospitals" all are doing good work, all work, of course, being run by the Victorian Order of Nurses. Her Excellency the Countess Gray has done splendid work for the Order. Her Royal Highness the Duchness of Connaught is now hoping to collect five hundred thousand dollars for an endowment fund for placing nurses in the scattered parts of our country. The committee of the Vancouver branch of the District Nurses procured a place on Venables Street, Clark Drive, which was dedicated to the memory of the late Miss Florence Nightingale, or the Angel of Mercy and Love, and to be known as "The Florence Nightingale Home," Vancouver's memorial to her who carried nursing to the profession it is today. For almost fifteen years the nursing of the sick poor or those of moderate means or those who only require a dressing or some minor sickness where a regular nurse is not required, have these nurses been faithfully and patiently doing their best.

The practical work done and the wonderful help given by the Royal Victorian Order of Nurses, not only in Vancouver, but all over our Dominion, is so well known and so highly appreciated that it now speaks for itself. Three nurses must have training in our best hospitals and hold certificates, also, in addition, have four months' training in district work before entering the Order.

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The nurses are now taking up the child welfare work and making occasional visits to the little strangers they have attended during birth, watching that they are properly fed, clothed and washed, and giving advice to inexperienced mothers.

Help Is Needed.

The committee in charge of the branches are men and women who see the great work that can and is being done and who earnestly hope that all who can will help.

Five branches of the society have been organized during the last year, viz.: North Vancouver, South Vancouver, Steveston, Burnaby and New Westminster, all being assisted by their municipalities.

The late Miss Florence Nightingale, writing in 1855, said: "Nursing, especially in that most important of all its branches, nursing the sick poor at home, is no amateur work. To do it as it ought to be done, requires knowledge, practice, self-abnegation, and as is so well said here, direct obedience to and activity under the highest of all masters and the highest of all motives; it is an essential part of the daily services of the Christian church."

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Soups

SAVE-ALL SOUP

The meat and bones of cold beef or mutton, six medium-sized potatoes, one large onion, one thin slice of salted pork, celery, salt and pepper. Cut the meat from a cold beef or mutton bone, break up the bone, put into a stew-kettle with six medium-sized potatoes, three pints of cold water, one large onion minced fine, and one thin slice of salt pork, hashed. Boil slowly two hours. Then strain, and add one quart of milk, boiling hot, into which one tablespoonful of butter and one of flour has been smoothly stirred. Season with salt, pepper and crushed celery. To crush the celery, chop the stalks fine, then crush them with a rolling-pin. Serve this soup with cubes of bread.

SOUP IN HASTE

One pound of cold cooked meat, two ounces of butter, one tablespoonful flour, one quart water and a few slices of browned bread. Chop your meat very fine and put it into the stew-pan with the butter; pepper and salt to taste. Dredge over it a tablespoonful of flour, add a good quart of boiling water, cover it close, set it over a moderate fire for half an hour, strain it, toast some pieces of bread, cut them into squares or diamonds, put them into a tureen and put the soup over it. Macaroni boiled tender may be put into the soup ten minutes before serving. Time, half hour.

SCOTCH BROTH

Take one cup of barley, five quarts of water, a piece of beef weighing four pounds. Boil two hours, then add the following vegetables chopped fine: Two carrots, one parsnip, quarter head of cabbage, a bunch of parsley to color the broth. Grate two carrots, pepper and salt to taste, boil other two hours. Before using skim all the fat off.

POTATO SOUP

Fry a small onion in half a cup butter, pour on it a quart of milk and bring to a boil. Mix two cupfuls of cold mashed potatoes, beaten smoothly into the soup and boil all together a few minutes. Season with salt and pepper and serve.

SCOTCH POTATO SOUP

One pound of pork or mutton, one ham bone, one onion, four potatoes, two grated carrots, one head celery. Pepper and salt to taste. Cover the meat with four quarts of cold water, skim well, add onion, carrots and celery cut fine, to which add potatoes that have been sliced and parboiled. Boil three hours. The potatoes are more digestible if they are boiled for a few minutes in hot water before putting them in the soup.

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CLEAR SOUP

Four pounds of beef (off the round), boil the day before until all the substance is out of the meat and set aside until next day. When the grease is skimmed off, strain twice through a cloth, allowing it to settle each time, then add a large teaspoonful of whole allspice, and one of whole pepper, salt to taste, serve very hot, removing allspice and pepper before using.

WHITE SOUP

Cut up six potatoes, four onions, put into two quarts of boiling water. Boil three-quarters of an hour. Rub vegetables through sieve and put the paste back into water again, add butter, pepper, salt to taste. Then boil four ounces of tapioca in it for fifteen minutes; the tapioca requires soaking; add one and a half pints of milk, and when fully heated through, serve.

KIDNEY SOUP

One beef kidney cut in small pieces, butter size of a walnut, one and a half tablespoonfuls rice flour wet with water, and one quart of cold water, one tablespoonful of tomato catsup, one tablespoonful of Worcester sauce, pepper and salt to taste. Boil one and a half hours. Brown the kidney with butter.

OX-TAIL SOUP

Two ox-tails, two slices of ham, one ounce of butter, two large slices of turnip, not leek, three onions, one head of celery, one bunch of herbs, pepper and salt to taste, two tablespoonfuls of catsup, one-half glass of port wine, three quarts water, two grated carrots. Cut up the tails, separating them at the joints, wash them and put them in a stew-pan with butter. Cut up the vegetables and add with the herbs. Put in one-half pint of water and stir it over a quick fire until the juices are drawn out. Fill up the stew-pan with water, when boiling add salt. Simmer gently for four hours or a little longer if the tails are not tender. Take them out, strain the soup, thicken and flavor with the wine and catsup, put back the tails and simmer again for a few minutes and serve. Do not forget to skim the soup.

OX-TAIL SOUP

Begin to make it the day before you require it. Take two tails, wash clean and put in a kettle with nearly a gallon of cold water, when the meat is well cooked add a small handful of salt, then take out the bones, let it stand covered until the next day. About two hours before dinner, skim the fat off, add an onion, grated carrot (or any vegetable you like) chopping them fine, and a little summer savory.

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To roast beef, give fifteen minutes to each pound and fifteen minutes over.

Veal, lamb and mutton require twenty minutes for each pound, and twenty minutes over.

BROWN GRAVY.

Set the pan in which the meat was roasted on the range when the beef has been removed to a dish. Scrape toward the centre the browned flour from sides and bottom and dust a little more from your dredger as you stir. If the water has boiled away until the bottom of the pan is exposed, add a little, boiling hot, directly from the tea-kettle, and stir until the gravy is of the consistency of rich cream.

Pepper to taste and pour into a gravy boat.

BROWNE D FLOUR.

This is to enrich the taste and improve the color of gravies, stews and soups. Sift some fine flour, spread it on a clean tin pan, place it on the fire so as to brown and not burn, it will color first at the edges; keep mixing it with the white from the centre. When it is nicely browned set to cool, then put in clean bottle and cork it, put some into a dredging box ready for use.

TO MAKE TOUGH MEAT TENDER.

Soak it in vinegar and water, if a very large piece, about twelve hours. For ten pounds of beef use three quarts of water to three-quarters of a pint of vinegar and soak it for six or seven hours.

BEEF OR MUTTON KIDNEY.

Beef or mutton kidneys can be served in two ways. In either case parboil them, changing the water three times, and adding to the last a small quantity of salt. Chop—not cut—fine and cook in cream enough to form a gravy, which must be thickened and a very small quantity of chopped parsley added. Halve the smaller kidneys, but not cutting entirely open; beat a little butter in a dripping-pan until it smokes, put in the kidneys, turning constantly until done. In France they are brought on the table strung on a silver skewer, the dish first being covered with parsley. A wooden one will answer, or they can be laid flat on the dish.

STEWED KIDNEYS.

Cut the kidney into small pieces, taking off all the fat. Put a saucepan on with a good-sized piece of butter and flour. When this is blended put in your kidney and stir till nice and brown. Then add enough water to make a nice gravy; boil slowly for three hours, season with salt and pepper and catsup, and thicken the gravy with a little flour blended. If too thin, an onion put in while the kidney is boiling is an improvement, only take care not to leave it until it breaks up.

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Put a piece of beef or meat of any kind in a pot with a very little water, cover tightly to keep in all the steam, adding just enough hot water to keep from burning. Any kind of tough meat can be made tender in this way.

BEEKSTEAK BALLS.

One and a half pounds round steak chopped fine, two eggs beaten, two tablespoonfuls milk, one tablespoonful flour; salt and pepper to taste, drop in frying pan and fry till done.

MEAT PIE.

Cold turkey, chicken or any cold meat, chop fine, season with salt, pepper and gravy. Lay pie crust around the edge of platter and cover the same. Bake a nice brown in the oven; very little meat will do.

POT PIE.

Make a batter of two well beaten eggs, two cupfuls of milk, a teaspoonful baking powder, and flour to make a batter; drop in separate spoonfuls while meat is boiling, cook five minutes. Serve immediately.

SHEPHERD'S PIE.

Chop cold beef fine, moisten well with water, season to taste. Put in a deep dish, cover with nice potatoes. Bake in the oven twenty minutes. If desired a small onion may be added.

SHEPHERD'S PIE.

A nice way to use up cold roast beef. Slice the beef and season with salt and pepper and put a minced onion to it; make a gravy of the bones, then add the mince to it, let it boil a few minutes, then put into a deep pudding dish, have some mashed potatoes prepared, lay them gently on the top of the mince until the dish is full, smooth over the top and bake a nice brown. Those who like onions may spread them over the meat before putting the mashed potatoes on top. The onions should be partly cooked. This is very nice made of the neck of mutton cut into pieces.



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Aboout them a' ye take your place,
Weel are ye worthy o' a place.
As hangs my arm."

HINTS ON PUDDINGS.

Never put a pudding that is to be steamed into anything else than a dry mould.

Never wash raisins that are to be used in sweet dishes. It will make the pudding heavy. To clean them wipe in a dry towel.

To brown sugar for sauce or for puddings, put the sugar in a perfectly dry saucepan. If the pan is the least bit wet the sugar will burn and you will spoil your saucepan.

In boiling dumplings of any kind, put them in the water one at a time. If they are put in together they will mix with each other.

In making any sauce, put the butter and flour in together, and your sauce will never be lumpy.

Whenever you see your sauce boil from the sides of the pan you may know your flour or corn starch is done.

SCOTCH HAGGIS.

Lamb's pluck, lamb's liver, lamb's heart; salt, pepper, one pound beef suet, three cupfuls fine oatmeal; melted butter. Soak the pluck, liver and heart in salt and water for an hour. Wehn cold mince fine, add the suet minced and the oatmeal, pepper and salt to taste; moisten all with the liquor that the pluck was boiled in, put all into a cloth, tie up tightly and boil three hours. Serve with meted butter.

PLUM PUDDING.

One cupful sugar, one cupful suet, one cupful bread crumbs, one cupful milk, two cupfuls raisins chopped, two cupfuls currants, four eggs, flour to make stiff. Put in spice to taste tie loosely in a well floured cloth and boil steadily for four hours.

ENGLISH PLUM PUDDING.

Twelve eggs, three pounds raisins, twenty-six ounces suet, ten ounces sugar, twenty-two ounces flour, one cupful brandy, half bottle essence of lemon. Mix like a cake and boil or steam five hours.

ENGLISH PLUM PUDDING.

Nine eggs, four cupfuls suet, four cupfuls sugar, four cupfuls bread crumbs, four cupfuls currants, six cupfuls raisins, eight ounces peel, one wine glass whiskey, one small cupful milk, two teaspoonfuls baking powder spices to suit taste, enough flour to make stiff; flour the fruit.

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Cut any pieces of stale cake into thin slices and cover with any kind of jam arranged in a pudding dish. Make a custard by stirring one teaspoonful of corn starch wet with a cup and half milk, allow it to cook a few minutes, then stir in the yolks of two eggs beaten in two tablespoonfuls sugar. Remove from fire and flavor to taste with vanilla. Pour over the cake. Make a meringue of whites of eggs and a little sugar, spread over the top and brown lightly in the oven. When liked, flavor with wine.

DELIGHTFUL PUDDING.

One cupful white sugar, one cupful sweet milk, one egg, one tablespoonful butter, one pint flour, two and a half teaspoonfuls baking powder bake three-quarters of an hour. Serve with sauce.

BAKED APPLE PUDDING.

Two quarts sliced apples, flavored to taste, pour over one pint milk or cream well thickened with flour, one teaspoonful baking powder. Serve with cream and sugar.

BIRD'S NEST PUDDING.

Peel and core eight apples. Put them in an earthen pudding dish and pour over them a cupful of boiling water. Cover the dish with a plate and set it in the oven. Allow the apples to cook in this way for half an hour. Drain off any liquid that may be around them and set it aside for the pudding sauce. Pour over the apples a custard made of the yolks of six eggs and a quart of milk. Salt to the taste, but no sugar. Bake the pudding like a custard, setting the dish in a pan of water to prevent its wheying.

DUTCH APPLE PUDDING.

One pint flour, one egg, two tablespoonfuls butter, two teaspoonfuls baking powder, one-half teaspoonful salt, three or four apples. Beat the egg light, add the milk to it, put salt and baking powder in flour, sift and then rub in the butter, pour in the milk and egg quickly; spread the dough about half an inch thick on a buttered baking pan, halve and core the apples, stick the pieces into the dough; sprinkle with two tablespoonfuls of sugar. Bake in a quick oven half an hour. Eat with sugar and cream.



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Hints on Nursing the Sick

The Value of a Nurse

When you have had sickness in the house, did you ever consider the value of a nurse? Did you ever stop and think of the number of lives that could have been saved if the proper person was in attendance? How much easier you rest and your worry is relieved when you have a nurse in the house. All this ought to be considered in case of sickness, and when you are in need of a nurse, telephone the one you wish to engage.

Out of Town People

Nurses are usually willing to go wherever they may be called, and people residing out of the city will do well by telephoning or writing in case they need the services of a nurse. All letters will be cheerfully answered.

The Sick-Nurse

Five Things That Prove a Sick-nurse to Be Unfit for Her Calling.

1. Disobeying the doctor.
2. Deceiving the doctor.
3. Giving the patient medicine not ordered by the doctor, or treatment which she has invented herself.
4. Telling the patient dreadful details of other cases she has nursed.
5. Keeping the register of the sick-room shut, or stuffing up the chimney to keep out the air.

Twelve Signs in the Sick-room Which Prove the Presence of a Bad Nurse.

1. A stuffy smell. (Because it proves that the room is badly ventilated.
2. Utensils, or boxes and bundles, kept under the bed. (The first may cause the air of the room to become very impure; the latter prevents air from getting under the bed, and so prevents it being properly aired.)
3. Bottles of medicine, liniments, and disinfectants kept mixed together on tables or shelves. (This piece of stupidity gives a great deal of work to the coroners).
4. Food lying about uneaten. (This is a good way to injure the patient's appetite and to spoil the food).
5. Dust and dirt, and unnecessary darkness. (1. Dust is not only a good soil for the seeds of sickness to grow in, but it is extremely irritating to the delicate lining skin of the nose, throat and lungs. 2. Dirt is a splendid soil in

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which to rear the seeds of disease. Dirt makes a healthy person ill; what must it do, then, in the room where a person is already sick? 3. All life is derived from light; sunlight is a destroyer of disease germs, and a diver of health. What, then, can be more necessary in illness?)/

6. The presence of a slop-pail or soiled clothes bag or basket in the room. (Simply because such things always make the air more or less impure.)

7. Visitors in numbers, or overcrowding by the family. (Not only because they excite or disturb the patient, but because they consume and make impure the air which, as the patient is confined to one room, he needs to have kept as fresh as possible for his own use.)

8. Cooking or washing done in the room. (Because they make impure air and cause a bustle.)

9. Irregular and late hours for getting settled for the night. (This is a frequent cause of making patients restless and sleepless).

10. Irregular hours for meals. (This injures the digestion at any time; how much more in illness.)

11. No special place for anything, and everything out of its place. (Muddle is always mischievous, and never more so than in a sick-room, where it goes a long way to keep the patient from getting well.)

12. Noise. (This may only be the "small noise" of creaking shoes, window locks, or hinges, which a little oil would cure; or clattering of fire irons, that could be prevented by covering the poker with cloth; or rattling crockery; or even whispering, which is exasperating to the sick: but all such noise is disturbing to people who are ill, and no good nurse will allow it in a room under her charge.)

Four Things Which Show the Nurse to Be a Good One.

1. Keeping a cheerful temper, even when her patient is irritable and trying.
2. Not worrying the patient with many questions, but using her eyes and common-sense.
3. Keeping (in serious cases) a written record of everything concerning the patient, such as amount of sleep, food taken, etc., so that the doctor may know what has taken place in his absence.
4. Remembering and writing down the doctor's instructions, and faithfully carrying them out.

Twenty Things Which Everyone Who Has the Care of the Sick Ought to Know How to Do.

1. **To Take the Temperature** (i.e., to find out what is the exact heat of the body)—This is done with the clinical thermometer.

*This does not mean that if a patient wishes for a darkened room he is not to have it. And remember that ophthalmia and some few diseases require a darkened room.

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2. **To Count the Pulse.**—Place the tips of the fingers just inside the wrist-bone on the thumb side of the patient's hand. In health a grown person's pulse beats about seventy-two times in a minute.

3. **To Count Respirations.**—In health people respire (i.e., breathe) about eighteen or twenty times a minute. To count the respirations (this is important in some illnesses), place the open hand (warm) on the lower part of the chest, and count the number of times it rises in a minute.

4. **To Ventilate the Sick-room.**—(1) Keep the chimney open, and a fire or lamp in the grate, because warm air rises, and so the bad air is drawn up the chimney. (2) When too cold to open the chimneys widely, put a piece of wood three inches deep, and as wide as the window-sash under the bottom sash, which should be shut down upon it. This makes a space between sashes and allows fresh air to enter. The piece of wood need not be nailed in; it can be taken out at pleasure. (3) If the window is a lattice open it some inches, and fasten a piece of flannel or muslin over opening. (4) Open window of adjoining room and keep the sick-room door open and a fire in the grate.

5. **To Prevent Bad Smells.**—Put in chamber utensil before using some permanganate of potash solution. Carry everything that may make a bad smell out of the room directly. If a bad smell arises, make a fire-shovel red hot, or put some red coals on one, and pour some vinegar over it.

8. **To Change Sheets Without Moving Patient Out of Bed.**—Under Sheet.—Tuck it all round; roll up one side till it touches patient's back; roll clean sheet lengthways and lay the roll against roll of sheet that is coming off; move patient over both rolls on to clean sheet, then pull away soiled sheet, draw out the rest of the clean roll, and tuck edges under mattress.

Upper Sheet.—Take off all bed clothes except top sheet and one blanket over it, which loosen all round; lay the clean sheet and one blanket over them, and tuck these under one side of mattress; then draw away soiled sheet and blanket covering it.

To Change Draw-Sheet.—Pin one end of the clean to one end of the soiled, and draw until the soiled is drawn up and the clean one drawn into place across the bed. (Note.—A draw-sheet is a sheet folded in two or three lengthways; it is laid across the bed, just under the patient's middle. To put it on, roll up one end, which tuck under mattress; lay remainder across bed, and tuck edge under opposite of mattress.)

7. **To Protect the Mattress.**—Cover with waterproof sheeting, or American cloth, or a piece of new felt, or strong carpet-paper.

8. **To Make Poultices.**—A Linseed Poultice should be made with crushed linseed, not linseed-meal. For a chest poultice, pour half a pint of boiling water into a heated pudding-basin (if this stands in a larger one-half full of boiling water, so much the better), at the same time sprinkling in as much crushed linseed as the water will absorb; then beat well till smooth and it comes away clean from the sides; spread quickly with a knife on a piece of poultice should be put on to the skin, without anything between it and the skin. It should be fixed in place with a large flannel bandage, and, if possible, covered with a layer of cotton-wool. It is no use at all unless put on very hot, and will only do harm if left on till it grows cold. It should be changed in three hours. If poulticing is to be kept up for several hours, the fresh one must be ready at the bedside before the other comes off. When finally removed wipe the skin dry, and cover it well with hot flannel.*

*Poultices should only be put on people in bed, as exposure to cold soon after poulticing is very dangerous.

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Note.—The reason why crushed linseed should be used instead of linseed meal is that the meal is deprived of most of its oil. This oil is part of the remedy in poultices of this sort, and it is not removed when the linseed is only crushed. Linseed should be used as fresh as possible. It spoils with long keeping. Good linseed is brown, not pale and dry.

A Mustard Poultice.—Make a linseed poultice as above and then sprinkle in and well mix through it two tablespoonfuls of dry mustard. Mustard should not be directly mixed with boiling water.

When there is no one who can make a linseed poultice properly, a square of cotton-wool should be made hot, put on, and covered with oiled silk and a flannel bandage. This is very useful in colds on the chest. It may be kept on for several days without changes, and in bronchitis is a capital remedy, if made to cover upper part of back as well as chest, but in very severe cases it will not do as well as a linseed poultice, as it acts more slowly.

An Alkaline Poultice often relieves the pain of gout—one part of bicarbonate of soda mixed with nine parts of crushed linseed as above.

A Starch Poultice is useful in skin eruptions, painful eczema and some forms of cancer. Mix starch and cold water to a smooth paste, pour on boiling water till it thickens, spread on linen.

A Carrot Poultice is good for cleansing unhealthy wounds. Boil and mash carrots.

A Charcoal Poultice is useful in putrefying sores. Mix quarter of an ounce of wood charcoal with a bread poultice made by simmering breadcrumbs and water, straining off the water and beating up bread with a fork; sprinkle more charcoal over surface of poultice.

Hot Fomentations, very useful in stomach-ache, etc. Lay a roller towel over a basin, place a square of house-flannel between the folds and a stick into each end; pour boiling water over, and let two people wring in contrary directions till the water is squeezed out; shake and apply quickly, covering well with flannel. A tablespoonful of turpentine sprinkled over the flannel is useful in severe pain. Fomentations must be changed in fifteen or twenty minutes.

9. **To Give an Enema** (i. e., an injection into the bowels).—Use either an enema-syringe or a douche-tin, which is much the best. Place patient on side at the edge of the bed, with knees drawn up. Use, unless otherwise directed, warm soap and water. Oil nozzle of enema well, and introduce it very gently into the back passage of the bowel. If a douche-tin is used, it need only be raised and the water will flow into the bowel. Injury may be done by injecting very hot water, so be careful.

10. **To Prevent Bed-Sores**.—Keep the skin of patient's back dry and clean. Unless forbidden, move occasionally to prevent him lying continually on the same place. Dust skin with boracic acid powder; this is very useful. Keep under sheets smooth by pinning to mattress if necessary. If redness or irritation of skin appears (this is the first symptoms of bed-sores) rub in a little methylated spirit or a piece of cut lemon; but if a crack discontinue this, and apply vaseline and zinc on lint or clean rag. Tell the doctor at once.*

11. **To Apply Liniments and Ointments**.—Always get the doctor's directions whether these are to be rubbed in, painted on, or spread upon lint or rag, as the way of using them differs according to the case.

*Bed-sores are mostly caused by neglect. Neglected bed-sores lead to the death of the patient.

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12. **To Give Medicine.**—Always read the label before pouring out. Measure in a medicine-glass or medicine-spoon. Give oil from a heated spoon. Avoid smelling disagreeable medicines and don't let it touch the lips, but put spoon far back on the tongue. Never give a child opium or laudanum. One drop of laudanum has been known to kill a baby. Cod-liver oil should be given in small doses after meals.

13. **To Give Baths.**—A Mustard Bath is useful for bringing out the eruption of suppressed measles, and for severe bronchitis, etc. One or two table-spoonfuls of dry mustard, mixed to a paste with tepid water, are added to the bath for a child, and it should be held in till the skin tingles. The mustard must be well mixed with the water.

A Soda Bath is used for some skin diseases, and in rheumatism. One or two pounds of washing soda, according to size of bath. A hot bath, up to the neck, may save the life of a child in convulsions. If no thermometer to test the heat of the water can be had, test it with the elbow, not the hand.

14. **To Use Disinfectants.**—Burning, boiling, fresh air and thorough cleanliness are cheap and excellent disinfectants (killers of infections). Carbolic acid should always be mixed with hot water—not cold. Chloride of lime should be bought in a glass bottle, otherwise it may be worthless, as it does not keep well in paper. Eucalyptus oil is a good disinfectant. Directions are on the bottles. Lifebuoy Soap is an excellent disinfecting soap.

15. **To Destroy Bad Smells.**—To wash sores, gargle sore throats, and for all such purposes, there is nothing better than a solution of Permanganate of Potash in water. This is just as good as Condy's fluid, but it costs ever so much less money. A pennyworth of permanganate of potash will make quarts of this excellent purifier. Put a small teaspoonful of it into an ordinary large wine-bottle, and fill up with water. It is better to make it fresh when needed, or to keep it in a glass-stoppered bottle, as it does not keep well near cork. If it is put into bad water, the water will turn brown. It is first-rate for putting down sinks, into ill-smelling slop-pails, etc., and for washing cupboards, etc. Remember that it is not a poison, and will not burn, but it will stain a brown colour. This can be removed by soaking in lemon-juice and salt.

16. **To Prevent the Spread of Infection.**—(1) Nurse case on top floor, because the infected air rises to the top of the house. (2) Don't let anything used in infected room go downstairs till it has been properly disinfected by the sanitary authorities when the case is over. (3) Never put dust or refuse of any kind from infected rooms into the dustbin—it should be burnt. (4) In typhoid or cholera all evacuations or vomited matter should be disinfected before being poured down the drain, otherwise the infection will surely spread wherever the drain air escapes. The best thing for this purpose is a solution of corrosive sublimate. It should only be procured by the doctor's order, as it is poisonous, but it the very best destroyer of disease germs now known, as it kills them instantly. Carbolic acid (two table-spoonfuls in a pint of hot water) or chloride of lime solution (one pound to a gallon) may also be used for this purpose. When there is no water-closet in the house the evacuations should be emptied into a deep hole dug some distance from the house—not near a well—fresh lime being put in before and after. (5) Don't write letters from, or take circulating library books into infected rooms. (6) Don't go into omnibuses, crowded shops, church, etc., out of infected rooms.

Note.—Carbolic acid is a corrosive poison. The bottle containing it must be kept separate from medicines, etc. If it should be accidentally swallowed the sufferer should be given plenty of olive oil. If it falls on the skin it will burn. Apply oil freely.

†Such baths should only be given by the doctor's orders.

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17.....**To Prevent Relapse.**—(1) Don't let patient get up too soon; (2) go out too soon; (3) eat things forbidden by the doctor; (4) be worried; (5) over-exert strength; (6) sit in a draught or get a chill.

18. **To Treat Convalescents.**—Woollen underclothing, change of air, and cod-liver oil are valuable during recovery from illness, particularly for children recovering from infectious diseases. The first is essential.*

19. **To Tell the Doctor** everything concerning the patient during his absence. Never treat the patient's complaints as fancies; tell the doctor of them, then you will be relieved from responsibility. Sometimes pains and aches, etc., are not fanciful, but have a serious meaning.

20. **To Send for the Doctor.**—Always send a written message giving the address, stating, if possible, what is the matter.



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Symptoms, General Duration and Special Dangers of the Different Infectious Diseases

SMALLPOX.

Symptoms.—Shivering, severe pain in loins and back, headache, vomiting and fever. Eruption appears, first on the face, in about forty-eight hours, red spots like hard pimples, gradually changing to pustules, which burst in about a week. There is great variety in the way smallpox runs its course, from slight cases to very severe ones. The crisis is reached about the eleventh day. No one should nurse this disease who has not been recently thoroughly vaccinated. It is the most infectious of all the infectious diseases.

The **special dangers** attending it are loss of sight, or hearing, or both. Permanent injury to health often follows a serious case, particularly in scrofulous or consumptive people.

Incubation (that is, the time a disease takes to develop after its infection has been received into the system, before symptoms of it appear) from one week to fourteen days, generally towards the end of the second week, symptoms appear.

Infection remains for four or five weeks after recovery. There is great danger of infection while any scabs remain.

(Note.—Vaccination not only to a great degree protects from smallpox, but if a vaccinated person does catch the disease, he has it very lightly, and few vaccinated people ever die of it; while the mortality of unvaccinated people is very great when exposed to infection. These are proved facts.)

CHICKEN-POX.

Symptoms.—Feverishness. The rash appears in twenty-four hours. This disease is chiefly confined to children. It is not serious if they are kept in warm, well-ventilated rooms, and in bed if the fever is at all high. Milk and barley-water is the best food during the attack. Rub in cold cream if eruption is irritable.

Incubation, between two and three weeks.

Infection remains for three or four weeks.

SCARLET FEVER (OR SCARLATINA).

Symptoms.—Sore throat, vomiting, hot, dry skin, fever, headache. The rash appears within twenty-four hours. Scarlatina is highly infectious, even when the illness is very slight. The height of the disease is reached about the fourth or fifth day. In some cases the throat suffers severely, for which Dr. Eutace Smith strongly recommends hot linseed poultices to throat, and sucking pieces of ice at the same time.

The **special dangers** in scarlatina are ulceration of the throat, deafness from injury caused by discharge from ears, rheumatism, dropsy and Bright's

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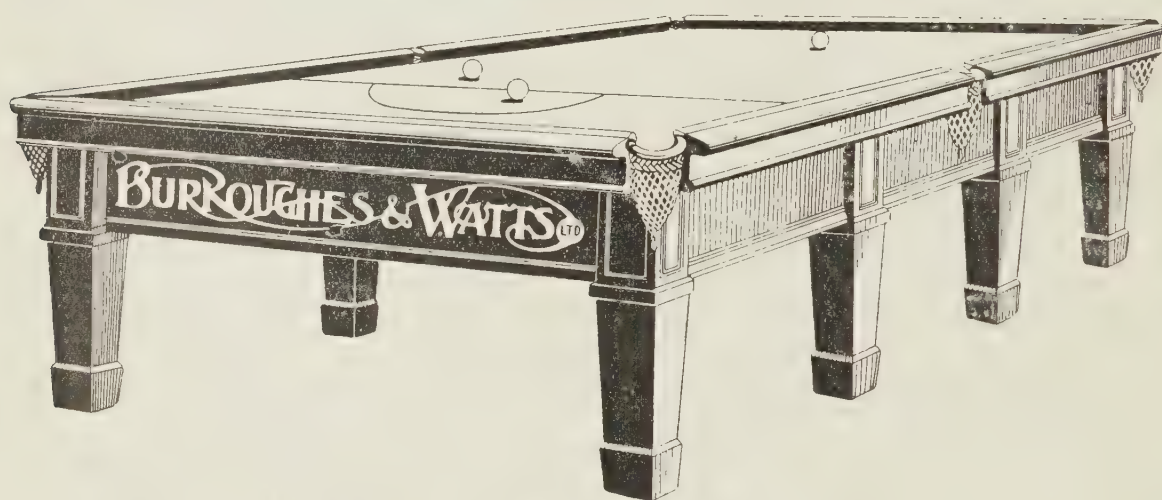
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disease of the kidneys. This latter disease is extremely likely to arise from any chill or cold; therefore in every case, no matter how slight, the patient should be kept in bed three weeks. This rule would save much kidney mischief after scarlatina. The symptoms of such mischief are puffing of skin round eyes, ankles, etc., and passing of cloudy or scanty water. Doctor must be informed of this immediately.

Incubation, from one to seven days.

Infection exists till all peeling of the skin has entirely disappeared.

(Note.—In nursing scarlet fever, fresh air is absolutely required. Rubbing skin and hair with eucalyptus oil allays irritation, and prevents spread of infection. Disinfecting baths or using Lifebuoy Soap and hot water urgently needed after recovery.)

MEASLES.

Symptoms.—Begins like a common cold, which increases, with feverishness, and probably cough and headache. Rash about fourth day; usually first on face, raised above skin, runs into half-moon shaped blotches; it spreads downward, and covers body in twenty-four hours. The rash may be suppressed, which is always dangerous. There may be diarrhoea and vomiting, inflammation of eyes and windpipe.

Special dangers are from bronchitis and inflammation of the lungs. Remember, there is always tendency to lung mischief in measles. Great care should be taken against chills, especially during the night, when careful watching is needed. The room should be warm, but well ventilated; nourishment light. Great care during convalescence. Scrofulous or consumptive children are seriously affected by measles.*

Incubation, ten to fourteen days.

Infection exists while any cough or shedding of skin remains—usually four weeks.

WHOOPING-COUGH.

Symptoms.—Begins like ordinary cough; in a week or two it gets worse, and the whooping sound is heard after a paroxysm of coughing. Generally there is vomiting at this stage. In severe cases carbolic acid may be poured on red-hot shovel from time to time—the fumes are valuable; also rubbing the chest from pit of stomach and spine with a liniment made as follows: Oil of cloves, oil of amber, of each one dessertspoonful; two tablespoonfuls of camphorated oil, well shaken up in a bottle. A flannel band should be worn on belly, and very little starchy food, i.e., potatoes, rice, etc.—should be given. All food of a stuffing nature makes cough worse. Give beef-tea milk, curds and whey mutton-broth, eggs.

Special Dangers.—The younger the child the greater the danger; therefore carefully guard from infection. Whooping-cough has a very high mortality among young children, because it is so carelessly treated. Inflammation of the lungs and bronchitis are very likely to arise from exposure to cold winds and draughts.

Incubation, seven to fourteen days.

*The eyes are weakened in measles. They should not be strained by reading or much light.

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Infection exists while the cough remains. Infection exists before whooping begins. Beware of all children with coughs.*

(Note.—Whooping-cough is of a nervous character; excitement, screaming and over-exertion are injurious. It is almost unknown for anyone to have a second attack of whooping-cough.)

DIPHTHERIA.

Symptoms.—Sore throat, shooting pains in the throat; headache, fever, languor. Then, in bad cases, white patches appear on sides of throat and palate; these may form a thick, white false skin, and give rise to suffocation, which can only be relieved by tracheotomy, or opening the throat. Diphtheria is very dangerous, especially to young children; requires good medical attendance, constant open windows, continual good nourishment, and careful disinfection of throat under doctor's advice; is fearfully contagious.

Special Dangers.—Suffocation, paralysis, and failure of heart's action.

Incubation, two to five days.

Infection remains about six weeks or longer, if there should be sore throat, or discharge from nose, eyes or ears.

TYPHOID FEVER (i. e., ENTERIC FEVER).

Symptoms.—Headache, lassitude, fever, generally irritation of bowels, and diarrhoea, like yellow pea-soup though occasionally there is constipation. After a week or ten days rose-coloured spots, slightly raised above the skin, may be found on the abdomen. If pressed with finger they disappear, but return; they come out in crops. Absolute confinement to bed, quiet, the strictest obedience to the doctor's orders about food, and very careful nursing, are urgently required.



*Change of air often works wonders in whooping-cough; but never move children while the cough is very bad, or, in cold or wet weather,—this has often been fatal.

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In newly born infants, plenty of hot water is beneficial, a few teaspoonfuls at a time, thus preparing the child's stomach for the mother's milk.

Fits or convulsions are caused by improper feeding or some fault in digestion. Place the child in a hot bath at a temperature of 98 or 100 and while there sponge its head with cold water. Dry the child with a hot towel and have a warm blanket in which to place it when removed from bath. Put it in cot with hot bottle near.

Be careful not to expose a newly born baby too much to day or artificial light. The child's eyes may become in this way weakened or injured in later years. If baby's eyelids appear to be red or swollen bath them with warm boracic lotion, using a separate piece for each eye and do not dip same in solution after application.

Boils should be poulticed or fomentations applied until they break, then apply some antiseptic cream obtained from the drug store.

For a bruise or sprain procure some Tincture of Arnica, dilute as chemist directs and apply frequently, keeping the bruise covered with bandage soaked in lotion.



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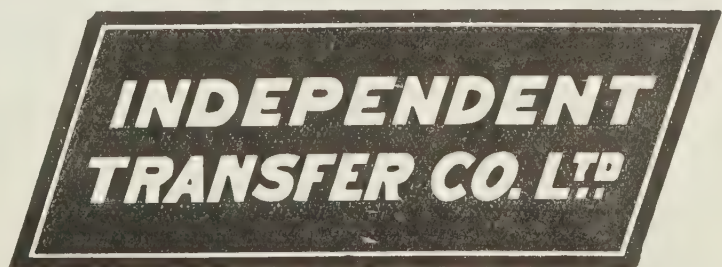
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